"A Christmas Miracle" by Sheila Kay Adams • *Page 18*

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Volume 27, No.12, December 1995

CAROLINA COUNTRY

Official publication of Carolina Electric Cooperatives

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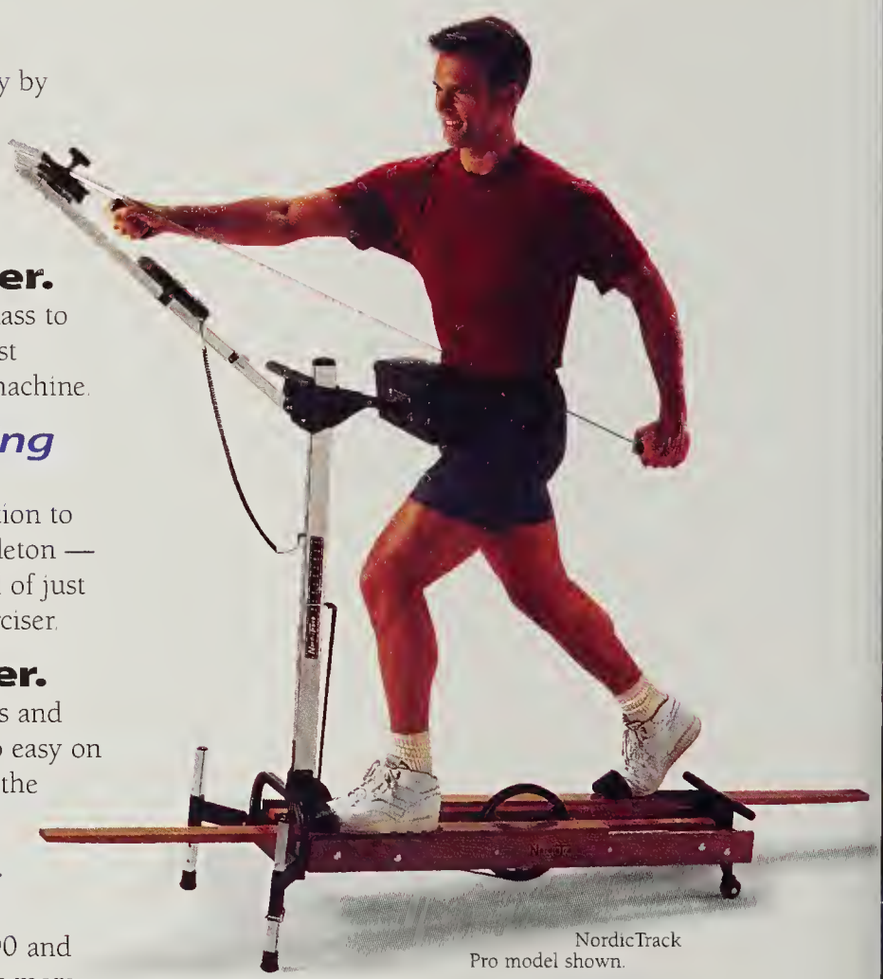

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(ISSN 0008-6746)
Read monthly in more than 350,000 homes
Volume 27, No. 12, December 1995

Official Publication
Carolina Electric Cooperatives

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Caralina Country ® is published by the North Carolina Association af Electric Caaperatives, Inc., the trade organizatian af Corolina Electric Caaperatives. Secand class postage paid at Raleigh, N.C., ond additianal mailing offices. Editorial affices: P.O. Bax 27306, Roleigh, N.C. 27611. Phone: (800) 662-8835, ext. 310. Carolina Country is a registered trademark af the North Coralina Assaciatian af Electric Caaperatives, Inc.

Pastmaster: Send form 3579 ta P.O. Bax 27306, Raleigh, N.C. 27611.

Individual subscriptians, $6 per year.

Ta chonge address, send magazine mailing label. Address all moil to Carolina Country, P.O. Box 27306, Raleigh,N.C. 27611.

Printed on recycled paper

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CAROLINA COUNTRY

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Since 1980, the N.C. Alternative Energy Corporation has made a difference in the way all of us use energy.

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A Carolina Country Christmas special — poinsettias, potpourri, wines, holiday time-savers, Santa treats, recipes for food gifts, and a list of speciality shops— all made in North Carolina.

Impressions of Edgecombe County 12
A selection of drawings and verses by Edgecombe County's children.

On the Cover
Thirty talented youngsters comprise the Stevens Center Children's Choir, directed by Barbara Beattie. They will appear at various holiday events in Winston-Salem this month (see pages 22-23). For schedule details, contact Steve Davis at (910) 723-6320.

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Letters and Comments

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We will remember Opal

by Jack Goodman

Haywood EMC has seen its share of terrific storms, but none socked us as Hurricane Opal did in October. Opal delivered the worst system damage our members have seen in the 57-year history of the cooperative.

Some households were without power for six days. Damage to our lines and equipment exceeded $760,000. About 150 men helped us restore power to the system that reaches through the mountainous Haywood and Transylvania counties and into Jackson, Macon and Buncombe counties, as well as parts of Ocone County, S.C. and Rabun County, Ga.

The normal amount of rainfall for the month of October in Haywood EMC's service area is 2.79 inches. During only two days of Opal, we were drenched with 7.46 inches of rain. While the ground was saturated, winds that exceeded 50 mph at times uprooted large trees that fell onto our lines. Power was severed to every single place we serve.

Many of our members and neighbors suffered devastating damage to their homes and property. It will take time for all of us to recover from this storm.

I want to thank the emergency services of our region for all they did in coming to the aid of those in need. And I am especially grateful to all those who extended themselves to neighbors.

Helping others is ingrained in the character of these mountain communities, and we have seen plenty of examples.

Restoring electric service is an example of neighbors helping neighbors. As soon as the damage here was known, we received help from other cooperatives who serve North Carolina communities: Rutherford EMC, Davidson EMC, Crescent EMC and Piedmont EMC. We also brought in contract crews from M.B. Haynes Electric, Williams Tree Service and Haywood Services.

Before we could fully connect our system, we needed the go-ahead from Carolina Power & Light, Duke Power and Nantahala Power & Light, whose lines had to be energized so power could come to our substations.

I appreciate all those who came to our assistance in this emergency and worked both outside on the lines and in our office taking calls and information. And I appreciate the patience of our members who understood what we were going through. Working together as we did in such a situation demonstrates the meaning of cooperative.

Jack Goodman is executive vice president and general manager of Haywood Electric Membership Corporation, which serves more than 18,000 accounts in western North Carolina.

Carolina Country: sooner or later?

Thanks to all who sent opinions regarding the time of month Carolina Country is mailed ["Letters and Comments," October 1995]. So far the comments are running about even. The number of readers who agree with mail carriers that a mid-month arrival would lighten the monthly mail flow is about equal to the number who prefer the magazine at the first of each month.

Our option is to schedule the magazine to arrive a week or two earlier than the issue date.

The timeliness of the "Here, There and Everywhere" listing need not be affected, though an earlier issue may place a hardship on organizations that can't submit information six or eight weeks in advance.

We especially appreciate those who said, "We don't care when the magazine arrives, as long as it does arrive."

We will study this matter further before deciding what to do. For example, we expect to implement a system among our subscribing electric cooperatives to sort the magazines as finely as possible before they reach the post offices. That could improve the delivery process. It will reduce our postage costs, too.

–Michael Gery, edi

Here are some of your opinions:

The utilities, banks, credit companies and others should spread out the mailing through the month instead of deluging us the first few days. ***Frank West, Goldsbo***

I am completely with the mail carriers. My carrier generally rrives within a 20-minute span, but today, with Carolina Country and Social Security checks, he was more than an hour ater than usual. *Chester Askew, Aulander*

There is little value to a magazine that arrives half way hrough the month if you are hooked on the "Here, There and verywhere" pages. Garden hints need to be on time, too. Mail arriers can suggest that people on Social Security should have irect deposit of their checks. It's convenient and safer.
Fay Miller

Having been a mail carrier many years ago and toting a ather mailbag full of "Life" magazines, I have some sympathy r the mail carriers plight. However, the vast majority of the ail is now delivered by vehicle and not the foot power of old. would not mind getting Carolina Country in the middle of e month. *John K. Weaver, Wake Forest*

Rural mail carriers in Marion make a great case for time-of- e rates. *Doan and Bette Laursen*

I support the mail carriers and add that you consider mailing so it doesn't arrive on Saturdays or the day after a holiday to rther ease their workload. *Linda Thomas, Sapphire*

I challenge anyone to keep pace with a carrier, even on a ght mail day. Delaying Carolina Country delivery for two eeks would be a small way to show our appreciation to these rd-working folks. *L.H. Baker*

Perhaps mail carriers and others should accept the AAO solu- n (adapt, adjust and overcome). Put Carolina Country in the ail at your convenience. You pay the postage.
Wanda Wilson, Marion

I am a retired postal employee of 30 years, 11½ as a letter rier and the balance as a supervisor. Rural letter carriers ould be darned glad Carolina Country is delivered through e U.S. Postal Service and not through an alternative delivery stem.
Jerome R. Jurgensmier, Sarasota, Fla. and West Jefferson

evron as a main course

's great that ostrich was on your country holiday feast list 'Home for the Holidays," November 1995], but the meat t producers find "chevron" a fine main course and easy to to the table.
Ann Zimmerman, Bonlee

rrections

We published an incorrect price for the New Bern cookbook ss the Plate" [Focus, October 1995]. Single copies cost $21.95 tpaid to N.C. addresses.

Also, the "Seasoned With Love" cookbook [Focus, November 5] contains 289 recipes, not 289 pages.

How to get heat from your fireplace

I want to get the most heat out of my fireplace. I'm told to close the glass doors and use the small fan that is built into the unit. When I do this no radiant heat comes through the glass, and the room feels cold. Can I get glass doors that will allow the infrared heat to come through the glass into the room?
R.L. Brickhouse, Waynesville

We checked with our Carolina Electric Cooperatives staff and a fireplace distributor to compose this reply. —Michael Gery

Woodburning fireplaces are not much of a heat producer. To get any heat from them requires a hot fire and plenty of embers or red-hot coals. The only heat is radiant, and it is advised to leave the glass doors open while using a spark guard or screen to prevent sparks from entering the room. Some fireplaces have built-in ducts with a fan to push heat out from around the firebox. It usually takes 20-30 minutes before getting heat from it.

Fireplaces provide the most benefit, aside from aesthetics, when used during the spring and fall to take a chill out of the room. Otherwise, unless there is an outside air source built into the firebox, a fire will pull conditioned air (heated or cooled) from the far reaches of the room to be used as combustion air. In this cycle, fresh outside air can be drawn in through cracks in the room's walls to replace air being consumed by the fire.

The Carolina Country information exchange

We have nice glass tumblers with the American eagle etched on the outside. Due to the hard water from the Catskill Mountains of New York state, there has been a film build-up on the inside of the glass. Can some reader tell me what to do about this? We are served by Tideland Electric of Grantsboro, and the service is great.
Frank Goodmen, 5010 Plymouth Ct., Fairfield Harbour, New Bern, NC 28650

I would like to thank everyone who sent me the address of the Perfect Shirt Co. I am more grateful than I can possibly express in this note.
Marion Weber, Denver

I am trying to put together a cookbook of favorite North Carolina recipes. I invite Carolina Country readers to participate. Be sure to include your name and address, and share any stories about North Carolina or your recipes
Judi Brinegar, 4856 Sandy Creek Church Rd. Liberty, NC 27298

I am looking for a recipe to make brownies with powdered milk.
Mrs. Billie Frady, Rt. 9, Box 110, Louisburg, NC 27549

I am looking for a recipe for tomato jam or jelly.
Terry Sass, 2143 Stanley Dr., Lincolnton, NC 28092

I have been searching for a long time for a quilt pattern named "Sunflower." I would be grateful if any readers could share this pattern with me.
Mrs. Kenneth Clay Warren, Rt. 3, Box 246, Taylorsville, NC

15 Years of Energy Alternatives

Chip Henderson

AEC board member Marvin Marshall presided at the housewarming of this Model Manufactured Home in Troy.

To grow good butterbeans for a local grocery store, a North Carolina farmer needs three things: good weather, good soil and an iceberg.

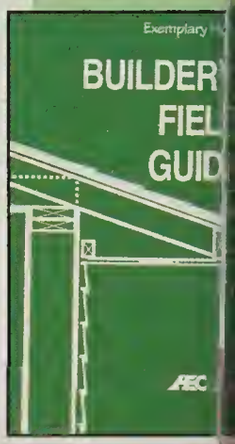
An iceberg?

That's what North Carolina Alternative Energy Corporation recommends. AEC developed its "iceberg" project as a technique to keep North Carolina's fruits and vegetables cool in order to improve both shipping life and shelf life.

AEC knew that in 1989 North Carolina farmers lost 25 percent of their produce before it was shipped, because they couldn't keep it cool. The cost of pre-cooling produce was very high because North Carolina's major harvest season occurs during the summer peak demand for electrical power. So AEC wanted to design and build a system for keeping produce cool while not over-exerting the resources of the state's electric utilities. The result is a 750,000-gallon tank built in Faison where ice that's made throughout the year can be stored for use in the harvest season to pre-cool vegetables for market. The impact is significant, generating tens of thousands more dollars in earnings for area farmers. The "iceberg" project continues to be effective today.

The Industrial Electrotechnology Laboratory in Raleigh offers the nation's only independent motors testing facility.

Since its inception 15 years ago, AEC has developed a long list of contributions to the quality of life and work in North Carolina. A non-profit, independent research organization, AEC tests and demonstrates energy-efficient technologies from its headquarters in Research Triangle Park.



AEC was created in 1980 by the N.C. Utilities Commission with a mission to encourage the efficient use of energy and reduce the need for new power plants. AEC is governed by a 12-member board of directors —seven appointed by the governor to represent public interests, and five members named by the electric utilities that support AEC: Carolina Electric Cooperatives, Carolina Power & Light Company, Duke Power Company, Nantahala Power & Light, and North Carolina Power. In turn, the state's utilities share the bene ts of AEC's research and technology in the areas of load ma agement, conservation and energy efficiency.

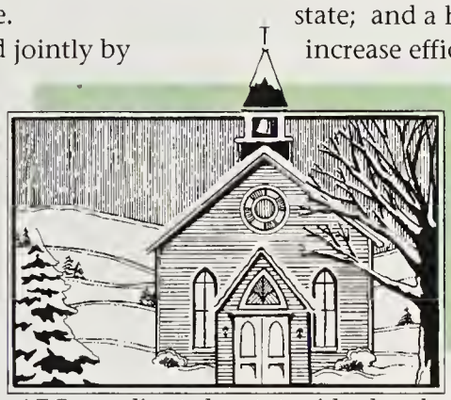
Through the years, AEC has helped to keep electric rat low while maximizing the resources North Carolina alrea has in place. Since many people are reluctant to make changes in the way they use energy until they see a new technology in action, AEC demonstrates a variety of pro n and practical energy-efficient technologies.

For example, AEC worked for several years with build s, contractors, utilities and experts around the country to i n- tify the best ways to build houses in North Carolina. Fro this Exemplary Home Project came AEC's leading public tion, "The Builders Field Guide," an illustrated 250-page manual that is used by builders and contractors, or anyo interested in the best construction practices for building safe, healthy, durable, comfortable, affordable and energ efficient homes.

AEC also looked at manufactured homes. Manufactu homes refer to dwellings also known as mobile homes, d ble-wides and single-wides that are pre-assembled to fed al codes and delivered to a residential site. North Carolina a leading national producer of manufactured homes, and across the state, AEC reports, about 30 percent of new h nes are manufactured. AEC understood that people generall buy manufactured homes because they are affordable, b

researchers also knew that many manufactured homes are not especially energy-efficient, and that the costs to heat and cool these homes can sometimes exceed the cost of a mortgage.

In a project funded jointly by Carolina Electric Cooperatives and the National Rural Electric Cooperative Association, AEC took a look at improving building standards by assembling experts to establish consensus guidelines for an energy-efficient manufactured home. Six such homes were constructed, and families were invited to live in them while their use of energy was monitored. Some of the homeowners in the study units found they saved between 30 and 50 percent on their electric bills. Now the electric utilities have adopted the consensus guidelines and are promoting them with a "utility-recommended energy-efficient home" logo.



AEC coordinated a statewide church weatherization program.

Other AEC projects include a giant battery used by Crescent Electric Membership Corporation in Statesville to supply power during peak times; weatherizing hundreds of churches across the state; and a heat pump skills center to increase efficiency in homes by teaching technicians the best ways to install and service heat pumps.

For 15 years, AEC has developed and delivered hundreds of innovative energy-efficient projects for farmers and teachers, builders and preachers. Over time, AEC's programs have evolved to focus more on energy efficiency in building and industrial applications. Today's work is carried out primarily through the Applied Building Science Center (ABSC) and the Industrial Electrotechnology Laboratory (IEL). ABSC serves the residential and commercial sectors, while IEL focuses on industrial customers.

The Industrial Electrotechnology Laboratory is run by AEC and located at North Carolina State University's College of Textiles in Raleigh. The IEL opened in April 1991 to help industry cut costs, improve productivity and stay ahead of the competition through electricity-based technologies that are energy-efficient and environmentally responsible. IEL's engineers provide testing and field assistance for a number of technologies, including radio-frequency drying, infrared drying, microwave drying, industrial light systems, motors and motor drives. These efficient technologies have been applied in such industries as textiles, milling, pulp and paper, foods, chemicals and ceramics.

IEL sees its mission as helping North Carolina industry use electricity efficiently in order to improve productivity and compete in a worldwide market.

Commenting on its 15-year record, AEC's president and executive director Bob Koger points out that, "These accomplishments would not have been possible without the contributions of many dedicated individuals and supportive organizations. We are celebrating their success as much as our own."

—Kim Whorton

Next month: New electric products for senior citizens.

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- Evergreen oil
- Patchouli oil
- Sandalwood oil

Combine desired amounts of all dry ingredients in a large glass bowl. For every 4 cups of mixture, add 2 drops of each oil, mixing gently to distribute the oils evenly. Place mixture in an airtight container, and let stand at room temperature for 4 to 6 weeks before using.

To locate some of the listed ingredients, consult your local herb shop or contact the N.C. Herb Association in Fletcher at (704) 684-3562. Natural food or gourmet shops may carry these ingredients as well.

The Farmers' Market Tree

Located in the lobby of the North Carolina Department of Agriculture, the Farmers' Market Tree represents most all commodities grown or produced in our home state. The original concept was to highlight the commodities from seed to full growth, giving visitors an educational as well as delightful viewing of the tree's decor.

The Farmers' Market Tree is dedicated to Commissioner of Agriculture, James A. Graham, and to the farmers of North Carolina.

Home FOR THE HOLIDAYS

PART 2

Carolina Country wishes all readers a Merry Christmas and Happy New Year by presenting ideas for a homespun and wholesome celebration.

With help from the North Carolina Department of Agriculture, we assembled information and recipes that celebrate North Carolina products.

Next year, we hope to showcase crafts and other goods and services produced in North Carolina especially for the holidays. Please send us your ideas.

Poinsettias

This beautiful plant has become a valuable commodity to the state of North Carolina. Ranking third in the nation, our state has over 62 producers of poinsettias with an estimated value of total sales in 1993 at $11.4 million for the wholesale industry.

When purchasing your plant, look for healthy, dark-green foliage all the way down the stem. The tiny buds in the center of the plant should be green and tightly closed. Poinsettias are available in red, pink, white, yellow and marble colors. Place the plants in a bright spot, but no direct sunlight. You must water the plants often enough to keep the soil lightly moist. If the plants dry out even once, the leaves may turn yellow and fall off. But beware of over-watering, as this too will cause the leaves to drop. A well-cared-for plant may remain in top condition for a month or more.

Cut poinsettias may be available from local florists, or you can buy potted plants and then cut your own. Be sure to cut plants with stems at least 12 to 18 inches long. To keep cut stems fresh, you'll have to stop the flow of white milky sap by sealing the stems. One way to do this is to make a clean cut with a sharp knife, and pass the stem end through a candle flame. Just singe the end; don't burn it.

Poinsettias work well with spike-shaped flowers, such as white snapdragons or white gladiolas, and used with greenery, such as holly or any other dark green foliage.

For more information: Ron Fish, NCD marketing specialist, (919)733-7912.

Enjoying North Carolina Wines

North Carolina's wine industry offers a wide variety of wine and grape products based upon vinifera, French-American hybrids, labrusca, rotundifolia and various fruit wines. North Carolina is one of the only wine-producing regions in the world to offer such a diverse and complete selection of wine varieties.

The vitis rotundifolia is the true native grape of North Carolina. Wines of this grape are rich, full-flavored and often slightly sweet. This lends to the tradition for which North Carolina is so well known. Popular cultivars include carolos, magnolia and scuppernong.

Choosing the proper wine to complement a holiday meal or a special dinner menu can produce an anxiety attack in the hearts of otherwise confident cooks. By following a few simple guidelines, you can dispel your fears, defuse the mystery and add a dash of excitement and elegance to a simple meal or holiday gala.

For a list of North Carolina wineries, contact Tania Dautlick, N.C. Grape Council, (919) 733-7912.

Rule 1: Trust your own taste buds, your own palate, and drink the wines you like. Experiment! If you feel a particular wine complements a certain food, then serve the two together.

Rule 2: Serve fresh and fruity wines with mild foods and rich, full-bodied wines with spicy foods. Wine should not over-power the food, nor the food the wine.

Rule 3: Decide what the centerpiece of your meal is to be - the food or the wine. To spotlight a particular dish, serve a "soft" wine. To give top honors to an outstanding wine, serve a food that will allow the wine to excel.

Rule 4: Ask your wine merchant for recommendations and remember, these are not earthshaking decisions.

WINE RECIPES

(thanks to the N.C. Grape Council)

WINE JELLY

3 cups sugar
2 cups dry red North Carolina wine
1 (3-ounce) package liquid pectin

Combine sugar and wine in a large saucepan or Dutch oven. Cook over medium heat; stir until sugar dissolves (do not boil). Remove from heat, stir in pectin. Skim off foam with metal spoon. Quickly pour hot jelly into sterilized jars, cover and process. Yield: 4 half pints.

CHEDDAR AND CRAB FONDUE

6 ounces crabmeat, fresh or frozen
20 ounces shredded cheddar cheese
2 tablespoons flour, all purpose
¾ cup sweet white wine
⅛ teaspoon caraway seed

Drain crabmeat well and flake. Toss together cheese and flour. In saucepan, heat wine until bubbles rise. Over low heat, add cheese, ½ cup at a time, stirring until cheese is melted after each addition. Add caraway seed and crabmeat. Transfer to fondue pot. Serve with French bread cubes, toasted bread cubes, or vegetable dippers. Yield: 2½ cups.

Holiday time-savers

Time seems to get tight during the holidays, especially when you are both cook and host. Try these tips, recommended by Whirlpool, to squeeze a bit more time out of this busy season.

Make Christmas cookies quicker. Buy good-quality pre-sifted flour so you can cut this step from your preparation time. Also, use fresh brown sugar, which is softer and takes less time to mix into batter. Finally, take butter out of the refrigerator 1½ hours before baking time. Cold, hard butter takes longer to mix.

Don't do it all yourself. When guests offer to bring a dish, let them. But be specific about what you really need. Adding one more stuffing dish to a table already laden with them isn't going to make either you or the guest bringing them happy.

If you forget to put the white wine or champagne in the refrigerator until the last minute, here's how to do the job in 20 minutes: Fill an ice bucket halfway with ice cubes. Pour in six cups of cold water; add four tablespoons of salt. Plunge the bottle into the bucket, adding more water and ice until it's almost full. Let sit 20 minutes.

Cooking the turkey and stuffing separately can save time and energy, because an unstuffed bird cooks in less time and guarantees even cooking.

Don't panic if your oven doesn't hold enough at holiday time. Quick-cook vegetables by cutting one pound of any dense vegetable (e.g. potatoes, carrots, winter squash) into quarter-inch cubes. Add two tablespoons water, cover, microwave on high for 7-9 minutes, stirring once.

If you forget to thaw the frozen, whipped dessert topping, place the container of topping in your microwave, cook uncovered on 30 percent power (medium-low) until softened (about 1 to 1½ minutes for an 8-ounce container).

Bake breads and desserts ahead and freezing them for the holidays. Securely wrap food or put in freezing containers and seal tightly. You can store yeast bread and rolls three months, baked cookies six months, and unbaked fruit pies two to four months.

If holiday dinners mean lots of mashed potatoes, enlist your crockery cooker. Prepare your potatoes a few hours in advance, adding a little extra milk. Transfer to crockery cooker and set it on its low-heat setting. Then just dot with butter or margarine and cover.

Tips for Leftover Holiday Ham

(thanks to the N.C. Pork Producers Assn.)

- Combine 1 cup of ground ham, 1 cup of chutney and 8 ounces of "lite" cream cheese for a terrific spread for crackers or toast points.
- Grind ham in food processor or blender and mix with mayonnaise for a great ham spread.
- Top a baked potato.
- Mix with omelets, quiches or casseroles.
- Toss with vegetable or pasta salads.

For more information on a processed product such as barbecue sauces, salad dressings, jams and jellies, ready made cookies, pies, juices, and popcorn, contact Warren Williams, NCDA marketing specialist, (919)733-7912.

HONEY PEANUT BUTTER COOKIES

(thanks to the N.C. State Beekeepers Assn.)

½ cup sugar
½ cup brown sugar
½ cup honey
2 eggs, beaten
1 cup peanut butter
2½ cups all purpose flour
1 teaspoon baking soda
1 teaspoon vanilla

Beat peanut butter, sugar and honey together. Add beaten eggs. Combine dry ingredients with the butter mixture. Add vanilla and mix well. Drop by spoonfuls on cookies sheets. Bake at 365 degrees for 12 minutes.

CRANBERRY SOFTIES

(thanks to the N.C. State Beekeepers Assn.)

¼ cup butter
¾ cup brown sugar
1 egg
pinch of salt
1 tablespoon orange peel
1 teaspoon vanilla
¼ cup honey
1½ cup flour
½ teaspoon baking soda
½ cup pecans
¾ cup cranberries

Beat together butter, brown sugar, egg, vanilla, grated orange peel and salt until light and fluffy. Add honey and beat well. Add flour and baking soda until well blended. Stir in chopped pecans. Fold in chopped cranberries. Drop by rounded teaspoonfuls onto a greased cookie sheet about 2 inches apart. Bake in a preheated 375° for 10-12 minutes.

These Make Great Gifts

HERBAL DIP BLEND

(thanks to N.C. Herb Assn.)

(all herbs are to be dried and coarsely ground)
1 cup chives
2 tablespoons garlic chips
1 cup parsley
½ cup basil
¼ cup dill
¼ cup lovage
2 teaspoon cayenne

Store mix in an airtight gift container until ready to use. Attach the following recipe.

1 8-ounce container of sour cream
1 8-ounce container of cream cheese
1 6-ounce can shrimp or crabmeat
3 teaspoon herbal dip blend (season to taste)
dash of hot sauce and Worcestershire

Blend all ingredients and set aside in refrigerator 3-4 hours or overnight to allow flavor to develop. Enjoy!

CHOCOLATE COATED PEANUTS

(thanks to Virginia-Carolina Peanut Promotions)

1 package (6 ounces) semi-sweet chocolate
2½ cups roasted shelled Virginia type peanuts, skins on

Melt chocolate pieces in top of double boiler over hot (not boiling) water. Add peanuts and stir to coat. Turn out on waxed paper, separate with a fork. Allow to cool.

SUGARED PECANS

(thanks to N.C. Egg Assn.)

½ pound pecan halves
1 egg white
½ cup sugar
½ teaspoon nutmeg or cinnamon

Preheat oven to 350 degrees. Place pecans in mixing bowl. Add egg white and toss with pecans until well coated. Add sugar to bowl and toss until sugar coats pecans. Spread pecans in single layer on a greased cookie sheet. Bake for 15 minutes or until sugar looks bubbly. Remove from oven. Loosen pecans and let cool for 10 minutes. Finished product can be presented in colorful cellophane bags tied with ribbon or place in a pretty Christmas tin.

EASIEST YET PEANUT BUTTER FUDGE

(thanks to Virginia-Carolina Peanut Promotions)

1 bag (12 ounces) milk chocolate chips
1 jar (12 ounces) crunchy peanut butter
1 can (14 ounces) sweetened condensed milk

Melt chocolate and peanut butter in top of double boiler. Remove from heat and stir in milk. Pour in a 8 x 8-inch pan lined with wax paper. Refrigerate to chill. Cut in 1-inch pieces. Yields 1½ pounds. Store in airtight gift container.

Speciality Shops* That Carry "Goodness Grows in North Carolina" Products

Northeastern North Carolina

lbert Styron's General Store, Ocracoke, 919-928-6819.
rt of the State, Greenville, 919-752-9881.
asically Baskets, Manteo, 919-473-2656.
reshnut Food, Greenville, 919-756-7737.
rieda's Gift & Gourmet Shop, Roanoke Rapids, 919-37-8822.
ouise's Shoppe, Williamston, 919-792-2061.
Morris Farm Market, Barco, 919-453-2837.
arvin's Grocery Company, Belhaven, 919-943-2519.
ememberings, Farmville, 919-753-7333.
oanoke River Trading Company, Roanoke Rapids, 919-35-4095.
he Kitchen Cupboard, Greenville, 919-756-1310.
he Main Thing, Elizabeth City, 919-331-1112.

Southeastern North Carolina

heckered Cupboard at Carolina Creations, New Bern, 919-633-4369.
rafters Creations, Wilmington, 910-452-9970.
armer Brown's Daughter, Hampstead, 910-270-0071.
t Pelican, Carolina Beach, 910-458-5080.
ift Expressions, New Bern, 919-638-2422.
eland Florist & Gifts, Leland, 910-371-6960.
Made in North Carolina, Kinston, 919-527-3131.
alate Pleasers, Havelock, 919-447-2577.
outhern Pleasures, New Bern, 919-636-6242.
emptations Gourmet Foods, Wilmington, 910-763-6662.
he Port Hole, Wilmington, 910-799-7391.

Western North Carolina

ountry Pine Newtiques, Blowing Rock, 704-295-3719.
t Stop Stores, Pisgah Forest, 704-884-4132.
un Beams, Arden, 704-684-1142.

Triad Area

Apple B. Goods, Winston-Salem, 910-724-2515.
Belk Hanes Mall, Winston-Salem, 910-768-9200.
Belk of the Triad: Salem Market, Greensboro, 910-299-7633.
Carolina Sampler Ltd., Winston-Salem, 910-765-2216.
Carolina Treasures & Tours, Winston-Salem, 910-631-9144.
Kicks & Grins, Winston-Salem, 910-722-7751.
North Carolina Traveler Gift Shop, Lexington, 704-249-6397.
The Extra Ingredient, Greensboro, 910-299-9767.
The Stocked Pot & Co., Winston-Salem, 910-722-3663.

Sandhills-Fayetteville

BTA Associates, Fayetteville, 910-487-4621.
Hickory Hams Cafe & Deli, Fayetteville, 910-486-6218.
The Gathering Basket, Southern Pines, 910-692-0744.
The Market Place, Pinehurst, 910-295-1160.

Charlotte Area

Dilwortn Coffee House, Charlotte, 704-554-7111.
Exclusively Bar-B-Q, Kannapolis, 704-792-2489.
Fashion Florist & Gourmet, Charlotte, 704-375-8429.
Gourmet & More, Charlotte, 704-542-6005.
Morgans Flowers and Gifts, Monroe, 704-283-2152.
Magnolia Products, Davidson, 704-892-9833.
Southern Pastimes, Concord, 704-788-6244.
The Country Store, Waxhaw, 704-843-1400.

Triangle Area

A Southern Season, Chapel Hill, 919-929-7133.
Black Tie Baskets, Raleigh, 919-831-0200.
Carolina General Store, Smithfield, 800-305-2822.
Class Acts Gift Baskets, Durham, 919-493-0012.
Embassy Suites Hotel Gift Shop, Raleigh, 919-881-0000.
Emerald Gardens, Durham, 919-493-2654.
Ford's Fancy Fruits, Raleigh, 919-833-7647.
Gift Basket Celebrations, Cary, 919-467-0243.
Gift Baskets Unlimited, Raleigh, 919-872-5557.
Hobgood Hospitality, Hillsborough, 919-732-7447.
Jenny's Cupboard, Raleigh, 919-850-0299.
Logan Trading Co., Raleigh, 919-828-9557.
Mr. Dunderbak's, Raleigh, 919-781-7075.
Nikki's Chocolates, Etc., Raleigh, 919-782-3073.
North Carolina Basket Company, Durham, 919-493-7345.
Nut-N-Honey Shoppe, Raleigh, 919-231-1451.
Oakley's Basket Company, Chapel Hill, 919-967-1243.
Provisions, Chapel Hill, 919-968-1722.
Provisions & Baskets, Henderson, 919-438-2836.
Shearon's Produce, Raleigh, 919-828-5672.
Simple Pleasures, Raleigh, 919-782-9227.
Stuf' N Such, Raleigh, 919-878-8733.
The Market At Fearrington, Pittsboro, 919-542-5505.
The Paradies Shops, Raleigh, 919-840-0318.
The Tinker's Trade, Raleigh, 919-782-3992.
Thomas Olde Store, Fuquay Varina, 919-552-8883.

**Associate Members of Goodness Grows in North Carolina, September 1995.*

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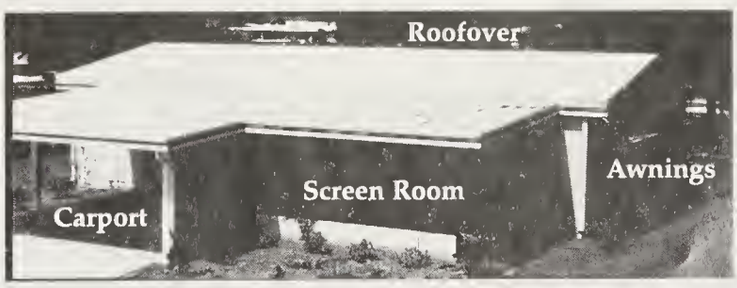

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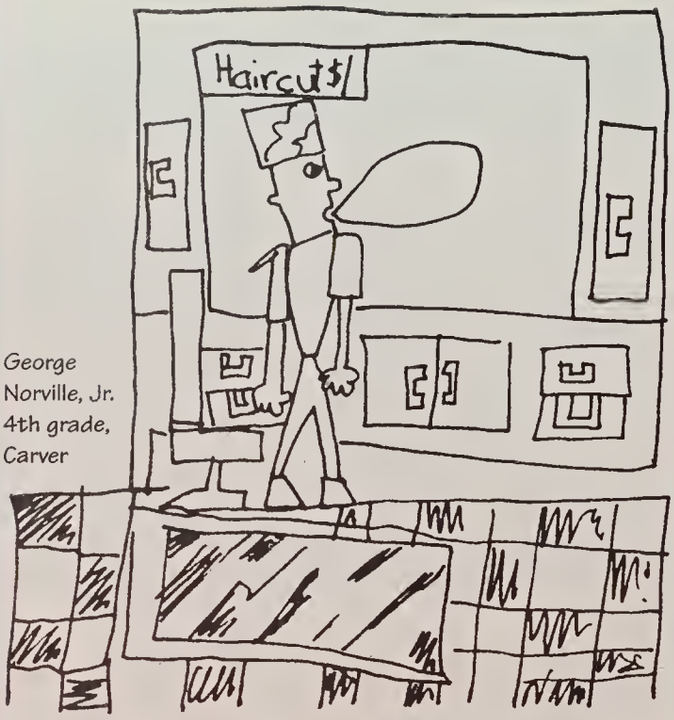


George Norville, Jr. 4th grade, Carver

"Barber"

Sometimes I have to
go to the barber,
Don't you know
that it is in Tarboro.

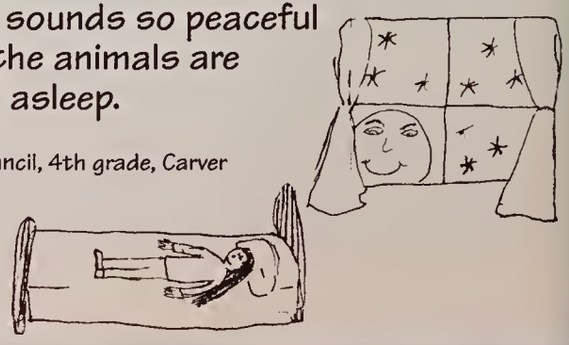
Larry Dupree, 4th grade, Carver

"The Farm"

The pigs snort and lay around.
The horses gallop around everywhere.
The cows moo and stand all around.
I smell the scent of tobacco in the air.

At night, I listen to the
crickets cheerfully singing
and it sounds so peaceful
when the animals are
sound asleep.

Tonya Council, 4th grade, Carver



Edgecombe County:

The Younger Point of View

Edgecombe County students have expressed their views of where they live in a book and five-panel mural. The mural depicts 31 local sites painted by students who attend the county's nine schools. The mural is circulating throughout the county.

Accompanying the project is "In Our Words: Celebration of Edgecombe County," a book of poems and drawings also produced by the students.

The project was directed by Susan Barbe Fecho and sponsored by the Edgecombe County Cultural Arts Council with help from the North Carolina Arts Council and several corporate sponsors.

In December, the mural will be displayed at Pattillo Elementary School and in January and February at Southwest High School.

For further information about the exhibition schedule, contact the arts council in Tarboro at (919) 823-4159.

Two of the five mural panels made by Edgecombe County students.

Joyner's Corner

by Charles Joyner

Carolina customs.

UNSCRAMBLE IT!

U N S C R A M B L E I T =
e t a o i n s h r d l u

Use the code key above to help decipher the message below, or cover up the code key and try to break the code.

RA 1866 S ISK KSM XSMMUE
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XLCBRGRNRAD BCLMUGSPW
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LRERAD RA NBU BSIIM CV
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NBU ESYRU PCTANF
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PCTLNBCTMU
____

Answer on page 30.

Duly Beat Egg Nog

Making egg nog at Christmastime is a time-honored tradition in North Carolina, and no Southern cook would be complete without an egg nog recipe, which can vary according to taste, temperament, and religion. Notice that I did not say "temperance," which my dictionary defines as 1) Moderation or self-restraint, and 2) Total abstinence from alcoholic liquors.

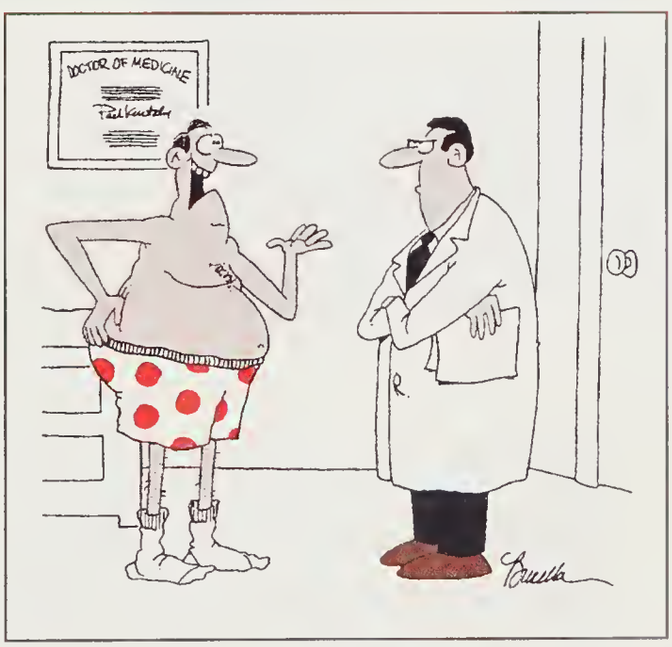
William Attmore, a Philadelphia merchant, came to North Carolina in the winter of 1787 to collect debts owed to his firm and to obtain new business. He kept a diary while on his tour. Here are two of his entries as published in "The James Sprunt Historical Publications."

Sunday, Dec. 23

It is very much the custom in North Carolina to drink Drams of some kind or other before Breakfast; sometimes Gin, Cherry-bounce, Egg Nog, etc. Several of the Assembly Men this morning indulged themselves in this respect . . .

Tuesday, Dec. 25

This morning according to North Carolina custom we had before Breakfast a drink of Egg Nog. This compound is made in the following manner: In two clean Quart Bowls were divided the Yolks and whites of five eggs, the yolks & whites separated, the yolks beat up with a spoon, and mixt up with brown Sugar, the whites were whisk'd into froth by a straw Whisk till the Straw wou'd stand upright in it; when duly beat, the Yolks were put to the Froth; again beat a long time; then half a pint of Rum pour'd slowly into the mixture, the whole kept stirring the whole time till well incorporated.



"My wife calls this a middle-age spread, but I like to think of it as 1 9 1 4 7 8 6 3 8 4 5 2"
_ ______ __ _____

Use the code key below to fill in the blanks above.

1 2 3 4 5 6 7 8 9 =
a e f i m o s t w

Answer on page 30.

Focus

North Carolina news you can use.

Artist paints 28th Regiment flag, first in a series

New color prints of the flag made for the 28th Regiment, North Carolina Troops, during the Civil War are available from artist Roger Thomas.

The first in a series of North Carolina flags of Gettysburg, the 28th Regiment flag honored the 10 companies from eight counties who earned Gen. Robert E. Lee's compliment, "Thank God for the Tar Heel boys!"

As part of the Branch Lane Brigade, the 28th probably received the battle flag while encamped near Fredricksburg in the winter of 1862-63, carried it at Chancellorsville that May and on to Gettysburg where it was captured.

Prints measure 13 by 17 inches and cost $40 plus $6 for shipping and tax from Thomas Art Gallery, 209 East Main St., Albemarle, NC 28001. (919) 983-5029.

Design and musicians needed in Beaufort

The 1996 Beaufort Music Festival needs a design for its T-shirt and poster. Color drawings to fit an 11 by 13-inch size should use a pelican logo and a musical theme. Designs are due Dec. 31. For instructions, call (919) 728-6894.

Musicians interested in performing at the 8th annual event may call the same number.

Rod Dudley, John Dudley and Johnny Thomas with geese they got in early morning on Edison Baum's farm.

The waterfowl heritage of Mattamuskeet and Ocracoke

Jack Dudley, Morehead City dentist and waterfowl enthusiast, has published his second book about the eastern North Carolina subject dearest to him. Following a similar volume about Carteret County (Carolina Country, November 1994) is "Mattamuskeet and Ocracoke Waterfowl Heritage."

These books preserve memories of the autumn and winter glory days when duck and goose hunting in eastern North Carolina's wet, wildlands was the best in the world. They are big, beautiful books composed with all the passion of devoted sportsmen recounting their adventures.

Hyde County remains as one of the world's foremost waterfowl territories, thanks largely to refuges established as long ago as 1934. Seeing the ducks, snow geese and tundra swans there today rekindles memories of intrepid gunners and their confident guides, uncanny decoys, faithful dogs, and matchless lodging and meals spread by local families.

Historical photographs in Dudley's book show birds draped over automobiles of the period, gunners in all kinds of ingenious blinds trying to outsmart ducks and geese, congenial gatherings at camps and general stores, scenes from the Mattamuskeet Lodge, New Holland Hotel and Ocracoke's Quork Hammock Club, among others. Portraits of guides show the pride and enterprise that prevail in these Hyde County families today. Descriptions and color illustrations of decoys explain the true art that courses through the entire relationship between humans and waterfowl in this region.

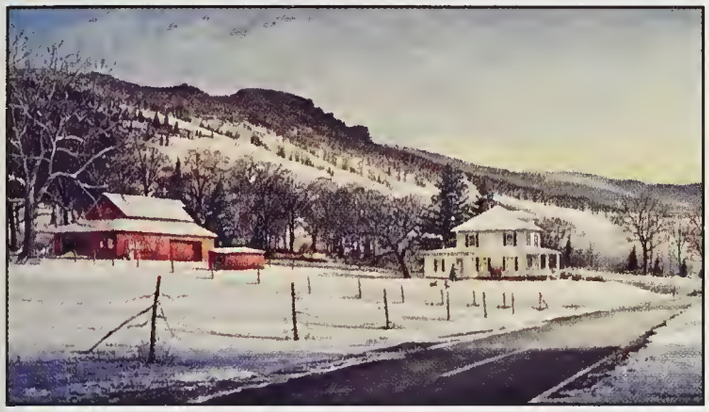
Copies of Jack Dudley's waterfowl heritage books are available for $40 each (plus $2.60 shipping and $2.40 for N.C. sales tax) from Core Sound Waterfowl Museum, P.O. Box 556, Harkers Island, NC 28531. (919) 728-4644.

Donnie Smith, Jr.

Southern Crescent's No. 6900 shines at Spencer

One of the most famous passenger train locomotives in America is on display at the N.C. Transportation Museum in Spencer. Southern Crescent's No. 6900 has been restored to its 1950s splendor.

No. 6900 will be one of the premier exhibits at the Spencer Roundhouse, a 1924 servicing facility that is being restored to show more than 25 historic railroad cars. The museum is a State Historic Site located in Spencer off I-85 north of Salisbury. For more information, call (704) 636-2889.



"Daybreak at Grandfather Mountain"

"Behold the Beauty" in 100 watercolor prints

Stories and watercolors of North Carolina fill a spectacular new book, "North Carolina: Behold the Beauty." The 172-page, 16-by-13 inch volume contains more than 100 color plates of watercolors by artist William Mangum. Stories and memories of places are told by well-known television personalities Charlie Gaddy of Raleigh's WRAL, Lee Kinnard of Greensboro's WFMY, and C.J. Underwood of Charlotte's WBTV.

The saifu cloth edition is $70 and available in bookstores and galleries. Other limited editions are available through Carey-Mangum Gallery, 2182 Lawndale Dr., Greensboro, NC 27408. Call (800) 887-5380.

Women needed for health study

The Women's Health Initiative of The Triad seeks Davidson County and western North Carolina women age 54 to 79 to join a study on women's health after menopause.

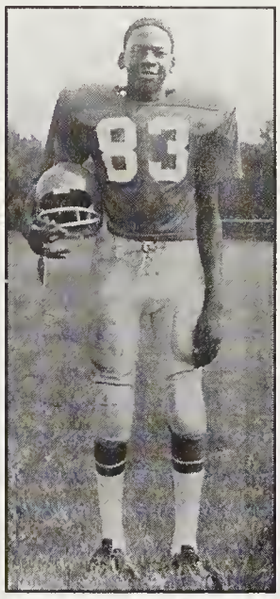
Associated with the Bowman Gray School of Medicine, the study focuses on diet, hormone therapy, calcium and Vitamin D and how they may affect women's risk for cancer, heart disease and broken bones. The study will continue for several years, and participants' health will be examined during that time. Results will "give a gift to their daughters and granddaughters and generations to come."

Interested women may call toll-free for an appointment: (800) 644-9448.

Free copies of "Coastal Review '95"

The North Carolina Coastal Federation has issued its "Coastal Review '95," reporting progress, problems and issues associated with the coast in 1995 and into 1996. For a free copy and membership information, call the federation toll-free in Newport at (800) 232-6210.

Cape Fear natural history gallery named for Michael Jordan



The Cape Fear Museum in Wilmington has recently opened the Michael Jordan Discovery Gallery, a natural history exhibition.

The family of famed professional athlete Michael Jordan, who grew up in Wilmington, was among those who contributed to the establishment of the gallery. A special exhibition case features Michael Jordan's basketball uniform from college, items made in high school shop class, and photographs —illustrating the life of a typical Wilmington-area child.

Designed for families with children ages 7 to 14, the hands-on, interactive gallery features a weather wall, an upland forest area, a bottomland area, and a maritime forest area. Each area is a one-stop learning center demonstrating the different eco systems of North Carolina. The goal is for visitors to use information learned in the gallery to identify finds such as shells, rocks and animals at the beach or in the forest.

The Wilmington museum collects and exhibits social and natural history of the Lower Cape Fear region of North Carolina. Displays range from Cape Fear Indian life to Wilmington's role in the Civil War. Patrons can see what the Wilmington waterfront was like or how early farmers harvested rice and cotton. For almost 100 years, the Cape Fear Museum has offered history of the region to thousands.

The Cape Fear Museum is located at 814 Market Street. For information about open hours and tours call (910) 341-4037.

"Wait Chapel" by Larry B. Burge

"Wait Chapel" at Wake Forest University is depicted in a limited edition print completed recently by Newport-based artist Larry B. Burge. Prints of the 14⅜-by-20-inch image are available for $50 through Salem Graphics, P.O. Box 15134, Winston-Salem, NC 27113. (910) 727-0659.

Making Cents of Your Electric Bill

by James Dulley

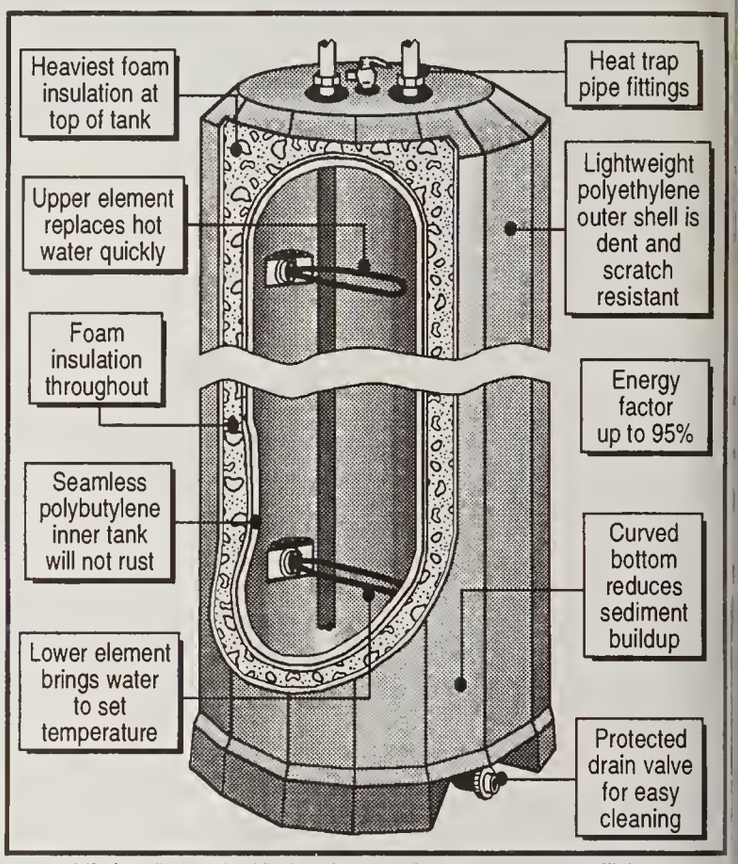
New water heaters.

Q: We often run out of hot water during morning showers, and our electric water heater is starting to leak. What are the most efficient and durable electric water heaters that will provide more hot water? - Y. F.

A: Heating water with an old electric water heater costs a typical family as much as $400 per year. Replacing your old one with a new super-efficient "never-leak" water heater can reduce your electric bills by $100 per year.

These new never-leak electric water heaters have an energy factor (EF) efficiency as high as 0.95. Since these water heaters literally last forever, they easily pay back their higher initial cost.

The most durable and efficient electric water heater designs use thick foam-insulated, all plastic, inner and outer tanks. Foam insulation is more effective than less expensive fiberglass insulation. Since plastic won't rust, these water heater tanks carry a lifetime never-leak guarantee.


Heaviest foam insulation at top of tank
Upper element replaces hot water quickly
Foam insulation throughout
Seamless polybutylene inner tank will not rust
Lower element brings water to set temperature
Heat trap pipe fittings
Lightweight polyethylene outer shell is dent and scratch resistant
Energy factor up to 95%
Curved bottom reduces sediment buildup
Protected drain valve for easy cleaning
Lifetime "never-leak" electric water heaters are most efficient

A durable plastic tank provides many advantages. The internal shape of the tank is formed to provide optimum water circulation. This also allows for heavier foam insulation at the top where the water is hottest. A smooth concave bottom allows sediment to settle and flow out the clean-out drain.

An anode rod (used to reduce corrosion in a standard, glass-lined, steel tank) is not needed. The water in some areas of the country has naturally occurring minerals that react with some anode rod material and give the hot water a peculiar foul odor.

Most electric water heater elements have similar heating rates. Select one with a big enough tank. Higher foam insulation values are even more important to minimize heat losses through the larger tank surface area.

When determining the size of water heater you need, the First Hour Rating (FHR) indicates how much hot water it can provide in one hour. This includes the hot water already in the water heater tank plus the incoming cold water it can heat in one hour.

Some high-efficiency 50-gallon electric water heaters can provide 58 gallons of hot water for the first hour in the morning. Some 80-gallon ones can provide as much as 89 gallons in one hour.

Make sure the electric water heater comes with heat trap pipe fittings in the top. not, have your plumber install them. These simple one-way fittings block the continuous wasteful circulation of hot water in the pipe immediately above the wate heater.

Write for Utility Bills Update No. 636 showing a buyer's guide of some of the most efficient electric water heaters (including all-plastic models), FHR's and EF's, and worksheets to determine the water heater size you need and savings payback. Please include $2.00 and a busines size self-addressed, stamped envelope to James Dulley, Carolina Country, 6906 Royalgreen Dr., Cincinnati, OH 45244.

Q: I had some new plumbing done in my house and the metal pipe was replaced with plastic pipe. My electrical system is grounded to the water pipes. Should I provide a new earth ground? - T. B.

A: Yes! It is extremely important to have a suitable earth ground for the electrical system in your house. Without it, an electrical short in a refrigerator, for example, can result in a severe shock.

Adding a new ground often involves driving a long copper an electrician rod into the ground, or burying a ring of heavy wire around your house. Attach the main copper ground wire to this.

Copyright ©1995 by James Dulley, an energy expert and syndicated columnist in Cincinnati.

Books

by Peggy Howe

ive a book for
hristmas.

You and the Man in the Moon
The complete guide to using the almanac
Jack R. Pyle and Taylor Reese
Matchbox Mountain
Jody Jaffe
A MYSTERY NOVEL
HORSE OF A DIFFERENT KILLER

arolina Edens

ndy Spicer; photographs by Al Spicer
6 pages

"arolina Edens" takes a scenic stroll through more than 60 of North and uth Carolina's public gardens — from e world renowned to smaller ones cked away in small communities. The thors supply a brief history of each rden, details on size, hours and sea- ns of operation, tips for touring and rections. More than 100 beautiful pho- graphs capture the peak of the gardens' auty. The Spicers live in Greensboro, ıere Cindy is a freelance writer and Al director of photography for the eensboro News and Record.

Available for $26.95 (hardcover) at okstores or from John F. Blair, 1406 ıza Drive, Winston-Salem, N. C. 27103;)0) 222-9796.

Horse of a Different Killer

Jody Jaffe, 288 pages

Following years as a journalist and lifelong enthusiastic equestrienne, Jaffe turns these two into a crime-writing career. The story features a Charlotte newspaper writer-turned investigative reporter when an expensive show horse and top trainer are found brutally murdered. The trail takes her on the rounds of the Carolina horse show circuit and exposes her and her beloved horse to savage death threats.

Jody Jaffe, for 10 years a "Charlotte Observer" feature writer, now makes her home in Chevy Chase, Md.

The book costs $21 (hardcover) at bookstores or from Ballantine Publishers, 201 E. 50th St., New York, N. Y. 10022; (212) 751-2600.

Southern Lighthouses

Bruce Roberts and Ray Jones, 182 pages

"The Romance and Drama of Southern Lighthouses" covers coastal lighthouses from the Chesapeake Bay to the Gulf of Mexico. Awash in history and folklore, the lighthouses offer tales of adventure and heroism, epic wartime history and stories of daring pirates. Bruce Roberts and Ray Jones take readers on a captivating pictorial and verbal tour of more than 50 lighthouses from the Liberty Capes to Hurricane Alley. More than 80 stunning color and black and white photos illustrate, while maps plus directions, bibliography and index complete the volume. In addition, Jones offers details of each light.

Roberts is a freelance photographer whose work has appeared in magazines such as Life, Sports Illustrated and Time-Life books. For a decade he served as director of photography for Southern Living. He now lives in Nags Head, and with his wife, is proprietor of a new shop specializing in lighthouse books and collectibles. Jones, who served as an editor for Time-Life books and senior editor for Southern Living, lives in Maine.

The book is available for $19.95 (softcover) at bookstores or from Globe Pequot Press, P.O. Box 833, Old Saybrook, CT 06475-0833; (800) 243-0495.

You and the Man in the Moon

Jack R. Pyle and Taylor Reese, 123 pages

Jack R. Pyle and Taylor Reese explore the history and lore of almanacs, but also explain their differences and offer clear and simple instructions for understanding every possible use of any almanac. They lead the reader through the intricacies of symbols, phases, signs, degrees and aspects of those signs. Sketches and illustrations help understanding. The book is a treasure trove of puzzles, jokes, odd stories, household and garden hints, verse, philosophy and cartoons.

Available in softcover for $13.95 in bookstores or from Down Home Press, P.O. Box 4126, Asheboro, NC 27204; (910) 672-6889. When ordering from the publisher, include $2 postage and handling (North Carolina residents add 6 percent sales tax).

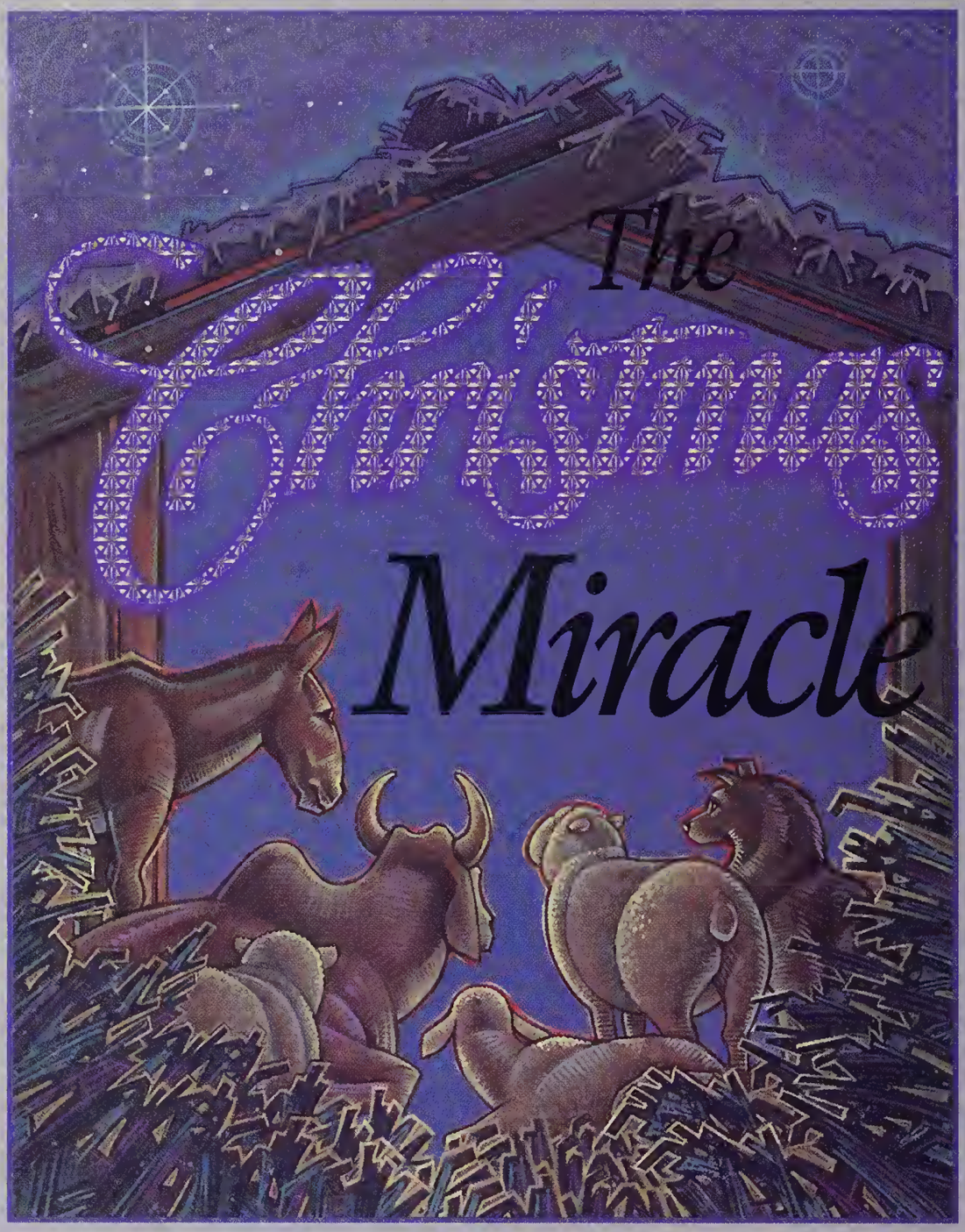
Matchbox Mountain

By Amy Garza, illustrated by Doreyl Ammons, 90 pages

Sisters Amy Garza, author, and Doreyl Ammons, artist and workshop leader, offer a collection of stories told from the heart of a writer and seen through the eyes of an artist. As children living in remote areas who had to provide their own entertainment, the sisters relive a special year in their mountain childhood. The heartfelt stories touch many aspects of life: family, tradition, love and the culture of the Appalachian mountains.

The companion workbook, "Catch the Spirit of Creativity," is a kaleidoscope of exercises to stimulate creativity and to "see with new eyes."

"Matchbook Mountain" is available for $6.95 (softcover); "Spirit of Creativity" for $3.50, both from area bookstores and Bright Mountain Books, Inc. 138 Springside Road, Asheville, NC 28803; 704-684-8840.



By Sheila Kay Adams

My mother says that Old Christmas is celebrated on January 7th. Our family celebrated Christmas on December 25. That was when Santy Claus came. I always had plenty on Christmas morning, even though I had not necessarily been a "good girl." My best Christmas took place on Old Christmas Eve when I was a little girl, five years old.

My mother taught school, and my grandmother kept me during the day while Mama worked. Occasionally, especially if bad weather was a possibility, I had to spend the night. This night turned out to be one of those times. There was a cold north wind blowing that cut to the bone, and a freezing mixture of snow and needle-sharp sleet was falling.

Breaddaddy had entertained me all evening long with stories about the baby Jesus. He'd given me his version of the Bible story about Jesus being born in a stable with the cold wind whistling around the barn. He compared the weather to what we were having this night. Breaddaddy took me out into the dark with his old lantern in his hand.

"This," he said, "is the way it was when poor little Mary laid down in the cold straw of that barn and gave birth to the mightiest man that ever lived."

I felt the cold and thought about the little boy being born, naked and freezing, so many years ago. My heart swelled and hurt for him.

Breaddaddy picked me up and carried me back inside the warmth of the house, where Ma waited with hands on her hips to scold us, "Bob, whatever are you a thinkin? Takin' her out'na weather not fit fer a dog. She'll catch a sickness sure'n the world."

Breaddaddy pulled his chair close to the stove and rocked me back and forth to the sound of the clock ticking. I began to feel sleepy, but I begged for one more story, and this is what he told me.

"The night of our Savior's birth was so very special that it was almost magic. Shepherd on the hillside were told by many angels about the happenin', and they hurried to see this wonderful child. Wisemen followed a blazin' star to see Him and to bring Him gifts and riches. Now, not just the people in the world had been waitin', but the animals had been waitin' too. And the animals 'knew' somehow when He gave his birth cry. They knew He was the special promise. And at the very moment of His birth there was a great flutter and racket that rose from the animals everywhere in the world. The chick-

s flapped their wings and crowed, even the hens crowed! The gs barked and howled. The cats sat on their haunches and ıalled and hollered. The great elephants in Africa raised their ghty trunks and squealed their welcome. The bears roared d stood on their hind legs, even the birds and snakes sang d hissed. Every animal joined in with their special sound to ıke the baby feel welcome. And then, almost as if by some ret signal only animals could hear with their keen ears, they h and every one stopped their racket and cocked their head one side like they was listenin'. The animals began to kneel wn —all over the world, all the animals settled to the ground d lowered their heads like they was prayin'. I bet even the fish tled to the bottom of the rivers.

"And that miracle still takes place all around the world on l Christmas Eve, which is what tonight is. So, at midnight ıight, in just four hours, all the animals will kneel just like y've done for hundreds of years."

You can just imagine the wonderful picture this painted in mind. I could just see old Tippy and Chippy, my grandfa- r's fox hounds, kneeling on the cold ground, and the chick- s lowering their heads. But even more beautiful in my mind s the vision of Kate and Pete, Breaddaddy's mules down in barn, kneeling. I fell asleep with those thoughts in my ıd.

It seemed like seconds later I was awakened by gentle hands ıg me from a warm bed and a voice whispering in my ear. real quiet now, Grandbaby, and don't wake your Ma. She n't let us do what I aim to do if she wakes up and catches " Needless to say, I never said a word.

Breaddaddy dressed me in my warm clothes that he had laid r a chair next to the stove, and bundled me up in one of 's warm quilts. We slipped out the door into a cold and vast nce. He lit the lantern, and I could see the huge snowflakes ing within the circle of yellow light cast by the flame. He usted the wick and swept me back into the warm curve of his ı, and we began to make our way carefully to the barn. Only en we reached the barn door did I dare to speak. "What time , Breaddaddy?" I asked after he had set me down alongside lantern and turned to close and bolt the barn door.

He reached down in the front pocket of his overalls and led out the watch he kept there. He flipped open the lid cov- ıg the face and said, "Hit's about eight minutes till mid- ht."

He picked up the lantern and headed to the back of the barn, ere Kate and Pete and the milk cow were stabled. I followed h Ma's quilt dragging in the dusty dirt of the barn.

I heard Breaddaddy speak softly to the mules and heard Pete wer him with the sound only Pete made. I heard the scrap- around that meant Kate had lifted her head over the bars of door, and in the dim light I could see Breaddaddy with his wool hat pulled down over his ears patting Kate's nose. ir warm breath plumed like smoke in the cold air. I saw ıddaddy reach into his pocket and start to pull out his ch. And now, this is where, if he hadn't talked about it years r, I would've wondered if my child's mind had created the ıle thing.

I can see it all clearly, even now. Kate pulled her head back in stall, and Pete made his peculiar whickering sound, and the mooed softly from her pen. Breaddaddy raised his lantern high above his head, his watch dangling forgotten on its leather strip. There was a look of pure wonder on his face.

"Come quick, Grandbaby," he said softly, "hurry!" I shrugged out of the quilt and ran to his side. He took my arm and brought my face closer to the bars of the stable, and I looked in.

Pete and Kate had both settled to the ground! Their heads were lowered to where their noses almost touched the dirt. Breaddaddy whirled and almost ran the few feet to the cow's pen. I followed on his heels. The cow was also kneeling with lowered head! And without a single word between us, my grandfather and I kneeled in the clean dirt of the barn.

I reckon the moment had some real magic to it. One memory stands clear: As we made our way back to the house, we stopped, and I stood with my hand in Breaddaddy's. We turned our faces up into the dark silence that was the sky and stood briefly as the snow covered our shoulders.

Years later, after Ma died, Breaddaddy walked down from the Burton Cove one day to stay with me because I had the measles and couldn't go to school. I was in the fourth grade then. He pulled a chair close to my bed and was telling me stories from the Bible about Samson.

"Breaddaddy," I interrupted. "Do you remember one Old Christmas Eve I spent with you and Ma when you took me to the barn at midnight?"

He looked at me with eyes of purest blue. "Oh yes, Grandbaby, I remember," he said.

"Did it really happen?" I asked.

"Yes, Grandbaby, it happened," Breaddaddy said. "It was a miracle me and you shared that night. A real miracle."

Reprinted from "Come Go Home With Me: Stories by Sheila Kay Adams" with permission from the University of North Carolina Press. The 120-page book was published in 1995 and is available in bookstores for $19.95 (hardcover) and $10.95 (softcover). For ordering information, call (800) 848-6224.

As a child growing up in North Carolina's mountains, Sheila Kay Adams was introduced to storytelling by her great-aunt "Granny," the renowned balladeer Delli Chandler Norton. In this collection, she tells stories of her childhood and home community of Sodom, as well as traditional mountain tales. An accomplished performer before small groups, Sheila is also a balladeer and clawhammer banjoist. She and her family live in Madison County and are members of French Broad Electric Membership Corporation.

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News of the Cooperatives

5 participated n the Pole-Top escue ompetition.

Tideland EMC collects coats

Tideland Electric Membership Corporation collected more than 500 coats in the first month of its two-month drive intended to benefit people who need a nice warm coat this winter.

A new community outreach program, Tideland's Coat Closet Project ran in October and November. Cooperative members placed new or used winter coats in clean plastic bags and left them near their electric meters before 8 a.m. on meter-reading day. Tideland's automated phone notification system informed members in advance of the day their meters would be read.

Tideland also planned its Twelve Days of Christmas Toy Drive to take place Dec. 1-18. During the past three years, the cooperative has collected and distributed more than 1,500 toys through local volunteer organizations. Toys go to needy children in the same county in which they are collected. Collection sites are at the Tideland offices, four East Carolina Bank offices and the Southern Bank office in Belhaven. For more information, call Myra Beasley in Pantego at (919) 943-3046 or toll-free at (800) 637-1079.

Two appointed to state REA board

Gov. Jim Hunt has appointed Alice E. Wilson and Harrelton Woodell to four-year terms on the North Carolina Rural Electrification Authority.

The state agency reviews applications by electric and telephone cooperatives to expand or improve services before plans are submitted to the federal Rural Utilities Service. The authority also monitors the quality of services provided by the cooperatives.

Alice Wilson, of Tarboro, is president of the North Carolina Association of Electric Cooperatives and has served on its board 7 years. She is secretary of the Edgecombe-Martin County EMC board of directors and has served there for 16 years. She recently retired from the Tarboro tobacco market and is president of A.E. Wilson Ins. and Samco Gas, and bookkeeper for Wilson Farms. She lives with her husband, J.F. "Sam" Wilson, near Tarboro.

Alice E. Wilson

Harrelton Woodell, of Pembroke, owns L & W Line Co. in Robeson County and is a line contractor for Lumbee River Electric Membership Corporation.

The two-minute pole-top rescue

"Lickety-split" best describes Toby Griffin's performance at the 1995 Pole-top Rescue Competition sponsored by Carolina Electric Cooperatives.

The lineman from French Broad Electric Membership Corporation (EMC) in Madison completed the simulated rescue operation with speed and agility that dazzled spectators. In less than two minutes (1:52.41 to be exact), Griffin radioed an emergency call from an equipment truck, donned climbing gear and a tool belt, scaled a 35-foot utility pole, lowered a 180-pound dummy gently to the ground, and performed life-saving procedures.

urth place finisher Shannon Inman mbs up to rescue the dummy.

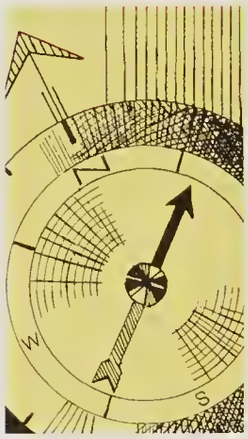
1995 Pole-top Rescue winner Toby Griffin brings the dummy down the pole.

This year, the biennial competition featured 25 contenders from electric cooperatives across North Carolina. Participants were judged on strict adherence to safety rules and speed.

Griffin won a cash prize of $500 in addition to the bragging rights for two years. He edged out four other finalists. Their names and times were: Reno Coleman, Brunswick EMC, Shallotte, 1:59.78; Danny Wolf, South River EMC, Dunn, 2:09:94; Shannon Inman, Carteret-Craven Electric Cooperative, Morehead City, 2:13.35; Randy Smith, Union EMC, Monroe, 2:15.04.

All 25 contenders won similar rescue contests held by their cooperatives earlier in the year.

Here, There and Everywhere



Joy to the world.

Christmas Ballet
Dec. 2, Morganton
Traditional Christmas celebration with "The Nutcracker, Act II" and "The Magic of Christmas" by the Burke Community Ballet Company. $6 adults, $4 children. City of Morganton Municipal Auditorium at 7:15. (704) 584-3081.

Open House
Dec. 2, Kings Mountain
Old-time Christmas customs, spinners, weavers and blacksmiths from 1-4 p.m. at Kings Mountain State Park. (803) 222-3209.

"Dickens of a Christmas"
Dec. 2, Dallas
Antique toys, seasonal music, buggy rides, storytelling and adult and children's craft demonstrations. (704) 922-7681.

Deadlines

Deadlines for submitting notices to "Here, There and Everywhere."

February issue ..... December 25
March issue ..... January 25
April issue ..... February 25

We welcome photos and illustrations of coming events. Send notices to Calendar, Carolina Country, P.O. Box 27306, Raleigh, N.C. 27611.

Christmas Candlelight Tour
Dec. 3, Hillsborough
Annual tour of inns, churches, public buildings and private homes, all decorated and many with live music. Advance tickets are $11, $3 for children under 12. (919) 732-8156.

Poplar Grove Christmas
Dec. 2-3, Wilmington
Tour Poplar Grove Plantation manor house decorated for Christmas. Arts and crafts, musical performances, Victorian Santa and Mrs. Claus, antique and collectible toy exhibit. Children's gift shop. Collecting for Toys for Tots and Food Bank. (910) 686-9518.

Tree Lighting
Dec. 5, Raleigh
The official lighting of the state Christmas Tree by Gov. and Mrs. Jim Hunt. The "Twelve Days of Christmas Program" will be held Dec. 6-17 each day from noon to 2 p.m. featuring area groups and individual musicians performing in the Capitol building. (919) 733-4994.

Festival of Lights
Dec. 7, Canton
Night-time, lighted Papertown Christmas parade begins at 6 p.m. (704) 648-7925.

Candlelight Tours
Dec. 8-9, Winston-Salem
Tours of the 1788 Germeinhaus, Historic Bathsheba Park, 7 p.m. (910) 924-8191.

Down East Crafts
Dec. 8-10, Aurora
Down East Christmas Craft Show at the Aurora Community Center with homemade arts and crafts, Santa World, carols performed by local churches, petting zoo. Firemen's BBQ dinner Sunday from 11 a.m. Jr. Woman's Club Christmas parade Sunday at 3 p.m. (919) 322-4888.

ACC Craft Fair
Dec. 8-10, Charlotte
Fine crafts by more than 200 of American's best. $5 daily, 10 a.m.-6 p.m., at the Charlotte Convention Center, uptown. (704) 333-1218.

Christmas in Halifax
Dec. 9-10, Halifax
Decorated historic structures, craft demonstrations and sales, parade, children's activities, food. (919) 583-9421.

1780 Christmas
Dec. 9-10, Charlotte
A recreation of the Christmas of 1780. At the Hezekiah Alexander Homesite. Admission, $5; senior citizens, $3. (704) 568-1774.

"Scrooge" With Dinner
Dec. 9-11, Lexington
"Scrooge: The Stingiest Man in Town," a musical adaptation based on the Dickens story, plus a Christmas dinner with all the trimmings. At the Lexington (Smith) Civic Center. (910) 243-3060.

N.C. Vegetable Expo
Dec. 11-13, Greensboro
Trade show and educational session At the Joseph S. Koury Conventio Center. (919) 782-0067.

Holiday Concert
Dec. 15, Winston-Salem
Winston-Salem Piedmont Tria Symphony at LJV Memorial Coliseun (910) 723-7919.

Salem Christmas
Dec. 16, Winston-Salem
Enjoy the sights, sounds and smel of an early Christmas. Special activ ties and demonstrations. $14 f adults, $7 for children. (910) 72 7352.

Christmas Open House
Dec. 16, Hertford
Annual event at Newbold-Whi House (1730) from 4 to 7 p.n Recruiting tour guides for 199 Individual and family membershi available. (919) 426-7567 or (91 426-9220.

Special Olympics
Dec. 16-17, Raleigh
Equestrian championship. (919) 87 7978.

Old-Fashioned Service
Dec. 20, Oakville
An old-fashioned, 7:30 p.m.candl light service at the historic Hebr Methodist Church, plus wassail, coo ies and a Yule log. Accommodatio nearby in Warrenton. (919) 25 4033.

First Night Raleigh
Dec. 31, Raleigh
Fifth annual New Year's Eve celeb tion of the arts in an alcohol-free s ting. Family-oriented, featuring mo than 80 performances and activiti for all ages. Call Artsplosure, (91 832-8699.

Bethlehem Walk
Dec. 14-16, Arapahoe
Outdoor recreation of the Christmas story. Continuous tours from 7-8:30 p.m. Call Ellen Jones (919) 249-0253.

Ongoing Christmas Events

›wntown Salisbury

›rough Dec. 23, Salisbury

:urdays from 11 a.m. to 2 p.m., carriages rides d photos with Santa. Also a Santa mailbox daily.)4) 637-7814.

e Nutcracker Ballet

:c. 2-11, Winston-Salem

C. School of the Arts and Winston-Salem dmont Triad Symphony. At the Stevens Center, 0) 723-7919.

ristmas at Tryon Palace

c. 4-20, New Bern

ırs through five historic sites illustrate the evo- on of the American Christmas, from the 18th ıtury to the 1940s. Daytime, candlelight, win- garden and insider tours. (800) 767-1560.

ıglewood Lights

·ough Jan.14, Winston-Salem

ır-mile animated light show, 5:30-11 p.m. at glewood Park. For fee information, (910) 766- 1.

Ongoing

:fore Freedom Came"

·ough Jan. 7, Wilmington

fore Freedom Came African-American Life in Antebellum South" is an exhibition of artifacts, ·atives and photographs depicting African- erican life prior to the Civil War. Assembled by Museum of the Confederacy in Richmond. At e Fear Museum. (910) 341-3450.

ist and the Community

ough Jan. 21, Winston-Salem

bit of paper mache sculptures and paintings paper by New Orleans-based artist Willie Birch. in a series of artist residencies. At SECCA, (919) -1904.

› Trotman

ough Jan. 21, Charlotte

bit of Trotman's hybrid of furniture-making figurative sculpture. Mint Museum of Art. (704) -2000.

› at SECCA

ough Jan. 21, Winston-Salem

eadbare: Revealing Content in Contemporary r," explores the ability of the medium to com- nicate social, cultural and political issues. counts Southeast: Craft - Function and ition," focuses on the work of Southeastern ts who have made significant contributions to rt of the region and nation. (910) 725-1904.

lean and Spanish Colonial

ough Feb. 11, Charlotte

gdoms of the Sun: Masterworks of Ancient an and Spanish Colonial Art," illustrates the ution of Andean art. 200 objects spanning y 3,000 years. Mint Museum. (704) 337-2009.

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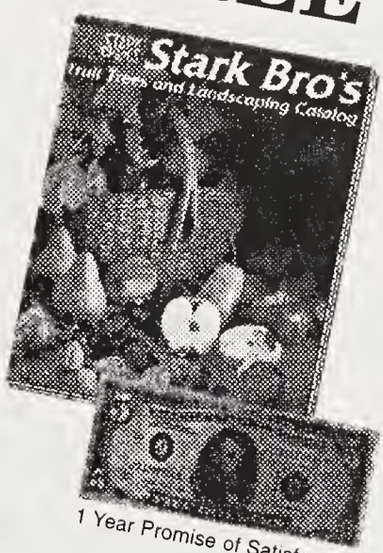

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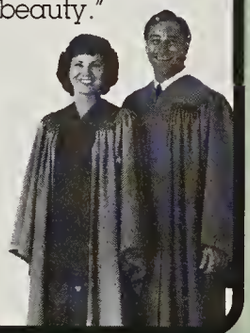

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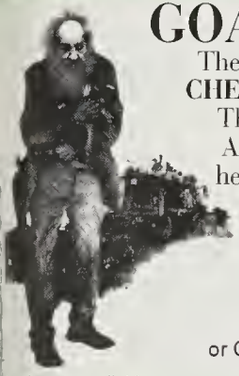

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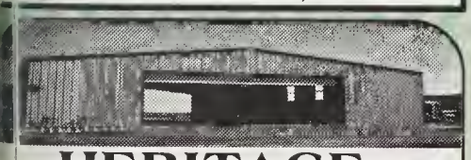

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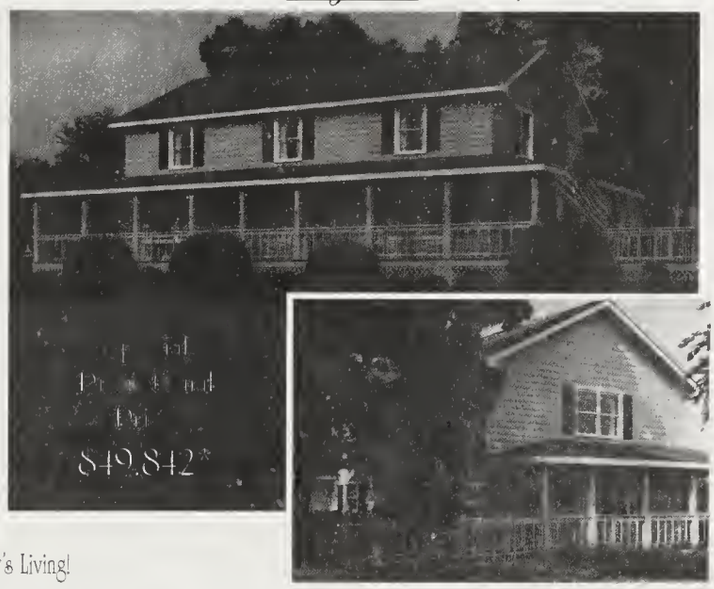

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Hank's Gardening Guide

by Hank Smith

Except in the higher altitudes when such planting is done in the spring, woody plants put in the soil now will have a chance to become established for good growth next spring. You can plant bare-root, balled-and-burlapped and container-grown nursery trees and shrubs now.

Delay your heavy pruning until late winter. Severe pruning now can encourage new growth during warm periods, and that growth may be killed by freezing weather later on.

If not already in the ground, plant tulip bulbs which have been in the refrigerator for several weeks.

Holiday decorations

For holiday decorations, you can find colorful berries, shiny leaves and aromatic narrow leaves on any shrubs and trees found in well-planted yards and gardens. In addition to traditional holly, the showy dark green leaves of Southern magnolia are excellent decorations. Berried cotoneaster, hawthorn, pyracantha, native deciduous holly and Christmas berry (photinia arbutifolia) give a cheerful accent. Try mixing long branches of pine and cedar with holly, accented with berries, red candles and small pine cones.

Ideas for holiday decorations.

Try mixing long branches of pine and cedar with holly, accented with small pine cones.

Holly cuttings

When taking cuttings for Christmas decorations, distribute the pruning evenly over an entire plant. Don't make to many cuttings from any one tree. Use sharp pruners to make clean cuts, leaving one-to-three-inch stubs to assure new growth in the spring. If twigs are cut flush with the branches, little or no new growth will come from the cuts. This will leave bare spots in the plant and reduce next year's crop of berries.

Plant roses

Nurseries and garden centers should have a wide selection of roses available. For the best results, select No. 1 grade bushes. Plant then in beds that were prepared in October or November.

Plan for spring blooms

Most deciduous spring-flowering shrubs will grow well if planted now as long as the ground is not frozen. You can expect early spring blooms from pink and white fragrantissima honeysuckles, the many spireas, forsythias philadelphus (mock orange), flowering quince, Scotch broom and deutzias. Jasminium nudiflorum produces blooms before leaves appear.

Evergreen trees

Evergreen trees are effective windbreaks and should be planted on the side of prevailing winds. Among good evergreens to use are spruce, hemlock, white loblolly and long leaf pines, magnolia, "red" cedar, native hollies, cherry laurel, Leyland cypress and Deodar cedar.

Winter watering

When temperatures are low or the sky is overcast, it's easy to forget that garden may need watering. A cold, dry wind can damage all plants by drying out plant tissues and removing moisture from the soul. During winter months, water in the morning. This allows excess moisture to be absorbed before night and reduces the possibility of fungus disease.

Birds commit insecticide

In winter, most adult insects are out of sight deep in the bark of trees and underground. But their eggs are easily found by sharp-eyed birds. During winter, birds eat many eggs of insects and mites.

Birds also add colorful flashes of life to the winter garden, and they make a fine contribution to the garden by helping to control the prolific insect population. To attract birds, plant berry-bearing shrubs so birds can enjoy a feast from nandina, pyracantha, sumac, Callicarpa, euonymus, ligustrum and barberry. They are attracted to honeysuckles and dogwood and red cedar trees, too.

In your feeders, use seeds, suet and bread crumbs. Birds will continue to feed on their natural sources of food, insect eggs and will supplement their diet with food from your feeding stations.

Poinsettias

These are the favorite Christmas plant. Although plants with bright red bracts are by far the most popular, poinsettias now come in pinks or cream bracts, some with variegated colorings. Give poinsettias ample moisture but do not over water. Both a lack of moisture and an excess of moisture will cause leaves to shed. Excess water causes roots to rot and shorten the life of the plant.

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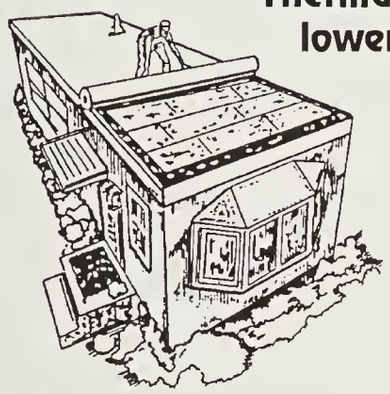

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EQUAL HOUSING OPPORTUNITY

Journal

by Owen Bishop

Asheville author says many Yuletide practices originated in the folklore of ancient cultures.

Psychologist studied folklore to help his patients

Don Dossey first began researching folklore in hopes of finding ways to help his patients overcome phobias and fears.

"It hasn't helped them one iota, but I've had a lot of fun studying it and writing about it."

Dossey's research yielded the book, "Holiday Folklore, Phobias and Fun: Mythical Origins, Scientific Treatments and Superstitious 'Cures'" The softcover volume, published by Outcomes Unlimited Press, sells for $14.95. It's available through book stores or it can be ordered by calling (800) 444-2524.

The psychologist, who operates the Phobia Institute and Stress Management Center in Asheville, settled in Buncombe County a few years ago after spending most of his life in California.

"My brother and his wife had moved to Waynesville, and they just loved it. My wife and I couldn't understand why they were so thrilled with the place. So we came a for a visit to see for ourselves. After three days, we bought a house and we've lived here ever since!"

Holiday tradition stems from mistletoe myths

If you "deck the halls" with greenery during the holidays, you'd never expect to find your guests exchanging kisses beneath a bough of holly. But you'd say they're just getting into the Yuletide spirit if they did so under a sprig of mistletoe.

Junior may ignore the pine garland on the stairway and notice only the "Christmasy smell" of your balsam mantle display. But you can be sure he'll quickly scamper away from the mistletoe overhead if he should see Aunt Bessie all puckered up and heading his way.

Aside from the fact that mistletoe grows in the upper branches of trees, where it's hard to reach, what's so special about the green parasite, anyway? Why does it inspire such responses?

It's just one of many holiday season traditions that originated in the folklore of ancient cultures, says Donald Dossey, an Asheville psychologist who has written a book on the subject (see box). He says people in ancient cultures treasured all plants that stayed green in winter but came to believe mistletoe had magic powers.

"One story says the God of Joy and Gladness was killed by an arrow tipped with mistletoe. His mother then decreed that mistletoe would no longer be used to harm anyone." To mark this decree, she said people should express love in some way whenever they encountered the plant.

Among the druids, a Celtic religious order of priests and soothsayers, the plant was considered a symbol of peace when it was clutched in the claws of a bird called the mistle thrush, Dossey said. They believed a sprig of mistle thrush toe, or mistletoe, could make warriors drop their weapons and hug each other. The kissing custom evolved from that.

Dossey says we celebrate Christ's birth on Dec. 25 because the date was politically expedient for leaders of the early Catholic Church.

Some scholars say Jesus was born in the spring when shepherds tended their flocks. But a December celebration would coincide with pagan festivals surrounding the winter solstice, marking the victory of light over darkness, good over evil.

"Nobody knew exactly when Christ was born, so the leaders could pick any date for the celebration. The so-called pagans were die-hards. They weren't going to give up their practices. So it wa a smart political move to infuse these festivities with Christian significance."

The burning of the Yule log originated with the Norsemen, who used fire to combat the darkness, scare away evil spirits and attract good spirits. Candles and Christmas tree lights are symbols of those fires, Dossey said.

"The Yule log fire was expected to fend off evil spirits as long as everybody participated in the ritual —even if they just tossed in some twigs. But you had t be careful: the magic wouldn't work if anyone came in who was barefooted or squinting."

Our image of Ol' Saint Nick as jolly elf who slides down chimneys is based in part on a German myth involving a goddess named Hertha. She was believed to follow smoke down to a fir determine who was good o bad and then hand out gift accordingly. This female fig ure, whose name is the bas for the word hearth, was a precursor of Santa Claus.

He was first depicted as merry, corpulent figure in Clement Clark Moore's 182 poem, "A Visit from St. Nicholas." And his modern image stems largely from t work of editorial cartoonist Thomas Nast, who pictured Santa in red, white and blue to cheer Union soldiers durin the Civil War.

Dossey says even the Christmas Eve stocking tradition dates back to the 4t century version of Santa Claus. This myth has St. Nick providing for the th daughters of a nobleman by placing g by their beds for their wedding dowrie But on one occasion he slipped, and t gold fell into a stocking that had been hung up to dry.

"None of this takes away from the true spirit and intent of all of our ance tors," Dossey adds. "That was giving thanks, being joyful that light can ove come darkness, evil can be overcome b good, and there can be peace on Earth

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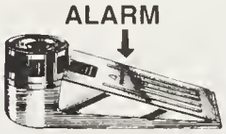

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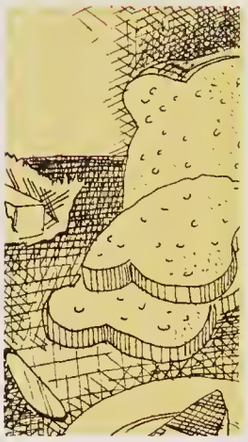

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1 teaspoon lemon extract
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1 teaspoon coconut extract

Cream butter and shortening; gradually add sugar, beating well at medium speed of an electric mixer. Add eggs, one at a time, beating well after each addition. Add flour to creamed mixture alternately with egg nog, beginning and ending with flour. Mix just until blended after each addition. Stir in coconut and flavoring. Pour batter into a greased and floured 10-inch tube pan. Bake at 325 degrees for 1 hour and 30 minutes or until a wooden pick inserted in center of cake comes out clean. Cool in pan 10 minutes, remove from pan and cool completely on a wire rack. Yield: one 10-inch cake.

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from page 13

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ranklin, North Carolina – Ray and Becky were ıstrated. They'd bought the house 12 years ago and was 5 years old when they moved in. Becky laughed ıt loud when she thought back to that time. Back en it seemed so big and beautiful. But now, 12 years d 3 kids later the house felt small and run down. ıe house needed a new roof and her two youngest rls, Emily and Katie, were doubling up in the small by 12 bedroom.

Five years ago, Ray and Becky had a contractor me and talk to them about a new addition. Becky nembered how excited she and Ray both were. ey even paid to have the plans drawn up. But that s a year before Ray lost his job at the plant. She ured herself another cup of coffee and recalled how pressed they both were. It was over a year before he t another job. And during that time they got behind everything.

No Money to Pay for Christmas

They had all but given up on borrowing the ney they needed to add a bedroom and family m to the house. And with all the credit card bills y got behind on, they were so strapped for cash ry month they couldn't even come up with money a new bike and skates for the kids Christmas pre- ts. That was what hurt the most. It was either pay minimum amount to the credit card and furniture npany or completely ruin their credit altogether. o though back over the last 10 years wondering ere he went wrong. I have to tell you he felt hope- s with no way out of the vicious cycle. You know, ing paid on Friday, sitting down on Saturday to the bills and running out of money before all the s are paid. All the monthly payments were just ping him and Mary buried with barely enough ney each month to cover all the monthly bills. ybe you know what I'm talking about.

"I Hit A Brick Wall!"

After they got all caught up they tried again to ow the money for the addition. First they got ed down by the local bank then a mortgage com- y in town rejected them. They just kept hitting the e brick wall. Even though Ray had gone back to k in another carpet mill making MORE money, the payments that showed up on his credit reports ed the local banks and mortgage companies away. felt like he was working JUST to pay his monthly and doing nothing for himself or Becky and the . Then he ran into Harvest Mortgage Company. vest helped him get a loan to pay off all his bills consolidate everything into one single payment was $358 lower than he had been making. That d him a whopping $4296 per year TAX FREE. In irst year, that was enough money to close in the porch AND enough left over for new bikes for ids.

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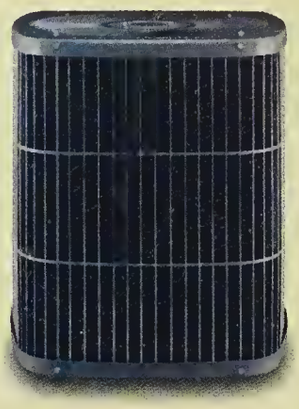
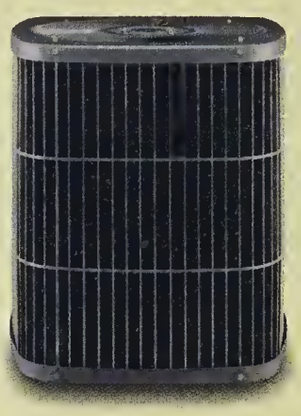
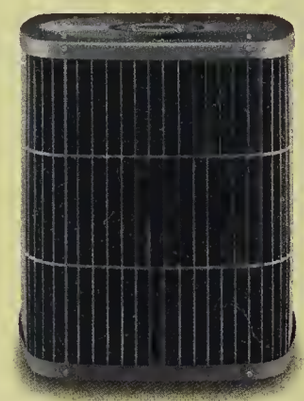


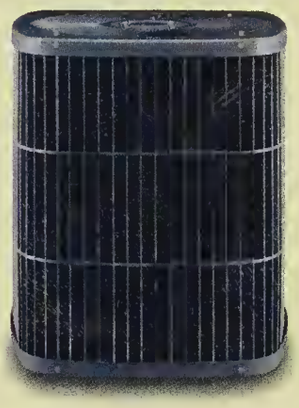
(Heat Pumps Heat)



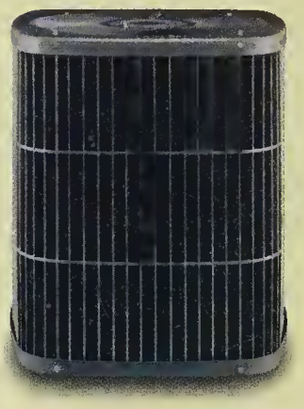
(Heat Pumps Cool)



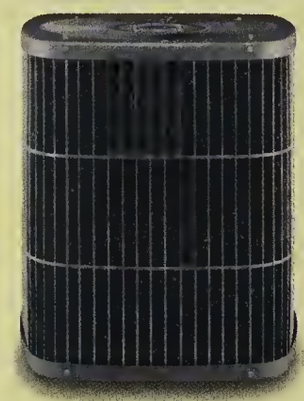
(Heat Pumps Are Efficient)



(Heat Pumps Are Clean)



(Heat Pumps Save Money)



(Heat Pumps Are Safe)

Since we can only sell one thing at a time, let's start with comfort – with nice even warm air temperatures, today's high efficiency electric heat pumps are warmer than ever. And they're just as good at keeping you cool in the summer.

Next, savings – not only because they cost less to buy, install and maintain, but you save even more with electric heat pumps because the price you pay for electricity is stable all year long.

To learn more, call us today. When you look at t comfort, savings and reliability of today's electric heat pumps, there are a lot of reasons to have one.

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